DIPLOMACY THAWING ARCTIC DISPUTES, PG 4

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Bolt shatters 100m record

ATHLETICS Jamaica's Usain Bolt obliterated his own 100-metres world record to win the world championship final in a breathtaking 9.58 seconds yesterday.

The world's fastest man took a staggering 0.11 seconds off the 9.69 mark he set winning gold at the Beijing Olympics a year ago to the day, taking the event into a time zone undreamed of before his arrival on the scene.

American Tyson Gay, the 2007 world champion, ran the race of his life to finish second in 9.71, the third fastest time ever. Jamaican Asafa Powell finished third with 9.84.

REUTERS

GETTY IMAGES

Usain Bolt

ROBIN KUNISKI/FOR METRO CALGARY

Amy Reader, 24, and Owen Reader, 23, tough out the rain to try some sushi from the Sumo Lounge at the Taste of Calgary held down at Eau Claire Market yesterday.

Taste of Calgary lures out foodies

Festival recovers from wet weather to welcome hundreds

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Not letting a little rain get them down, hundreds of food lovers took in the smells and flavours of the Taste of Calgary this weekend.

The 13th annual food festival delighted taste buds at Eau Claire Market, despite the rain and even after the event was postponed last weekend due to the weather, according to organizer Sue Van Aalst.

"Well, I guess it's unfortunate it rained. We would have liked to see nicer weather, but people came out and enjoyed anyways, and hopefully next year the weather will be on our side," she said, adding there were 12 new vendors for patrons this year.

"I like it here because you get to try a lot of different things you wouldn't normally try."
Chelsea Waite, festival goer

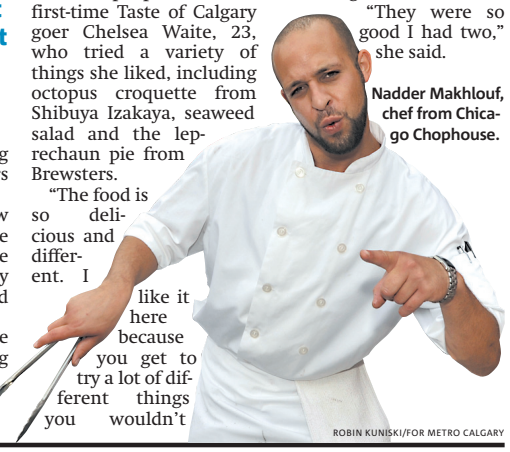
Her husband and fellow organizer, Dave, said while Thursday and Friday were a bit slower, things really picked up on Saturday and Sunday.

"Now that the sun came out, people are coming out. It really shows the resiliency of Calgarians and it's great to see. I think people are having a lot of fun and trying new things."

Those people included first-time Taste of Calgary goer Chelsea Waite, 23, who tried a variety of things she liked, including octopus croquette from Shibuya Izakaya, seaweed salad and the leprechaun pie from Brewsters.

"The food is so delicious and different. I like it here because you get to try a lot of different things you wouldn't normally get to try," she said, adding she also enjoyed the peach bellinis from Highwood Distillers.

"They were so good I had two," she said.



Nadder Makhlouf, chef from Chicago Chophouse.

ROBIN KUNISKI/FOR METRO CALGARY

Mega-mall prepares for grand opening

AMY GREGSON
for Metro Calgary

SHOPPING With just two days left before the first shopping mall to be built in Western Canada in 20 years opens, progress is on track for CrossIron Mills to greet thousands of people on opening day.

James Moller, general manager for the mall, said that they expect 70,000 to 75,000 people to walk through the doors on Wednesday, based on the numbers Vaughan Mills in Ontario set on its first day.

"I think that would be fantastic if we hit that number, but again the Toronto market is a little different and bigger than Calgary," said Moller.

Moller said the building can easily handle the amount of people expected, especially with the 6,300 parking spaces.

Features

- 200 specialty stores
- 17 anchor tenants
- Six different neighbourhoods, such as fashion and ranch, with corresponding features
- Special guests throughout the week will include the Calgary Flames' Robyn Regher, Calgary Stampeders' Henry Burris and the Bachelorette Jillian Harris

For people driving there, Moller expects heavy traffic and he urged people to use alternative routes west and east of the city to get to the mall.

Moller said that everything is on schedule to open Wednesday, expect for Indigo, which will open soon after.

"The stores look fantastic. They are all merchandised and you can see the stores training their staff."

For more information visit crossironmills.com

Local pg 3
Getting inked at tattoo fest

Going Green pg 7

Nature makes own hybrids

Workology pg 12

Diving deep for dollars

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Officials search for body in river
Canmore RCMP and firefighters are searching the Bow River near the town for a body. A fisherman saw the body pass by around noon yesterday and didn't try to retrieve it. officials are now trying to find it. METRO CALGARY

Local

Clarkson speaking today

Global Fest kicks off its Human Rights Forum today with a keynote speech from Adrienne Clarkson, former governor general of Canada, on foreign professional accreditation. A panel discussion about the same topic will follow. The discussions take place from 11:30 a.m. to 2 p.m. at the Conoco Phillips Theater at the Glenbow Museum. Admission and lunch is free on a first come, first served basis.
METRO CALGARY

2009 Festival of Media Awards
METRO INTERNATIONAL NEWSPAPER OF THE YEAR

Calgary in brief

COLLISON A 35-year-old man died after stepping out in front of a C-Train that had just left the Banff Trail station on Saturday night, police said. The male was stuck in an area secured by a chain-link fence and a cement barrier. It is unknown why he was in this area, said police. No one on the train was injured, but the driver was shaken.

CHARGE A male has been charged with one Criminal Code charge of public mischief after a witness allegedly observed him going into the washrooms at Chinook Mall and placing a camera under the stall door. Police are investigating and attempting to retrieve deleted photos. Further charges may be laid. Cori Anthony Cimolino, 41, has also been banned from Chinnok Centre Mall for two years.

FIRE A house fire in the 100 block of Douglas Woods View SE has been deemed suspicious by the arson unit. The fire happened at 5:30 Saturday morning. Five people escaped, three by jumping from the second-storey balcony. The shell of the home remains intact. The cause of damage has not been determined.
METRO CALGARY

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New feel for tattoo show

Smaller venue makes event seem 'cozier,' says one artist

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Bigger isn't always necessarily better.

Halifax tattoo artist Amber Thorpe said while this was her sixth year at the Alberta Bound Tattoo and Arts Show, she's happy the venue was smaller this year.

"It's been really good; it's a lot of fun. I really like the smaller venue and the smaller feel, it gives the show a cozier and more intimate feeling," said Thorpe.

Thorpe completed an eight-hour tattoo on Saturday of a koi fish, and the rest of the weekend kept her busy tattooing as well.

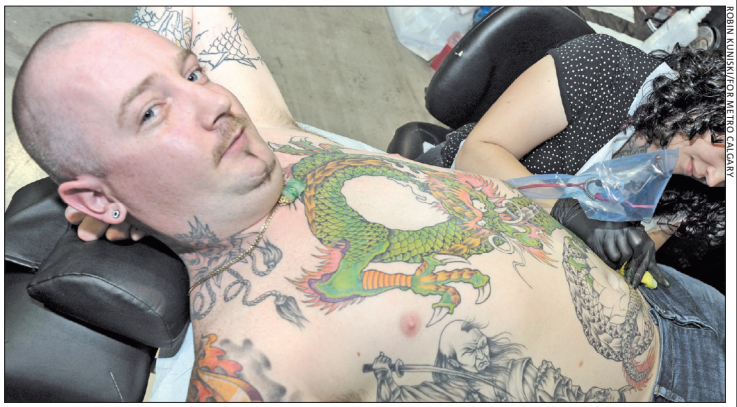
"I have been tattooing since I got here. It's always a lot of fun every year."

Event organizer Steve Peace said they made the show a bit different this year to make it better.

"Things are going swimmingly," Peace said. "We are always up for trying new things and changing things. We are perfectionists and when we see something we can improve, we do it."

Peace said there were between 8,000 and 10,000 people walking through the BMO Centre for the popular event.

"It's not just tattoo lovers, its curious people too. It's the best place to come and check out tattoo artists because we only have the best of the best here."



ROBIN KUNISH/FOR METRO CALGARY

Sheldon Allan gets more ink added to his canvas by Hilary Cooper from Bushido at the 2009 Alberta Bound Tattoo and Arts Festival.

Program gives teens new to Canada a taste of the outdoors

PARKS With her luggage in hand, Dani Hurtado, 17, waited along with 11 other young recent immigrants living in Canada to board their transportation in Calgary yesterday for a weeklong retreat in Jasper National Park.

The youth are participating in a pilot project with Parks Canada and Outward Bound Canada for immigrants aged 15 to 17 that helps connect them to the outdoors.

AMY GREGSON/FOR METRO CALGARY

James Bartram from Parks Canada and Dani Hurtado, 17, await transportation to Jasper National Park.

"I think it will be interesting to go and see Parks Canada, go camping and meet new people," said Hurtado, who came with her family from Ecuador last year.

The teenagers will participate in outdoor activities such as hiking, camping, canoeing and kayaking.

James Bartram of Parks Canada said they hope to expand the program across the country to connect new immigrants in other cities to the great outdoors through trips to national parks.

"This is the first in the country, so that's pretty exciting," said Bartram.

AMY GREGSON / FOR METRO CALGARY

Event plans to show support for soldiers

APPRECIATION Cowboys is inviting Calgarians out on Friday night and asking them to wear red and support our troops for Military Appreciation Night.

David Murphy, who runs a site called thankasoldier.net, said Cowboys contacted him in June to host the night to raise money for the Military Museums of Calgary and the Soldier On Program.

"They are sending buses out to the CFB Suffield to bring the soldiers in from there and we expect at least 100 or more. Soldiers and families of soldiers get in free all night," Murphy said of the event.

Murphy said the event will include a slideshow of people holding signs thanking soldiers. KRISTA SYLVESTER/ METRO CALGARY

metronews.ca
What's online today.

Video
Pranksters flipping over pint-sized Smart cars warned of serious consequences at metronews.ca/canada

Lotteries

Friday, Aug. 14
Lotto Super 7: 1, 3, 4, 10, 11, 32 & 46. Bonus 15.
Saturday, Aug. 15
Lotto 6/49: 5, 6, 15, 31, 38 & 39. Bonus 36.
These results are not official.

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Tropical storm Claudette forms in Gulf of Mexico

Tropical storm Claudette, the third of the Atlantic hurricane season, formed yesterday in the Gulf of Mexico east of the heaviest concentration of U.S. energy platforms, as two other storms, Ana and Bill, raced across the Atlantic. The six-month storm season had a slow start this year, but the three storms formed in just over a day. REUTERS

Canada/World

News in brief

POLITICS New Democrats ended their weekend convention in Halifax yesterday without debating a contentious item on the agenda: Whether or not to change the party's name. Some had argued that after 48 years, it was time for the "New" in the party's name to go and believe those opposed did their best to avoid what would have been a divisive debate.

Suaad Hagi Mohamud

FALLOUT As Suaad Hagi Mohamud underwent hospital tests yesterday for an illness nagging her since her unwarranted stint in a Kenyan jail, Canada's public safety minister concedes the many unanswered questions in her case deserve answers.

TORSTAR NEWS SERVICE

Improving relations drive Northern thaw

In the tangled world of Arctic diplomacy, where nationalist ideas converge and sometimes clash at the top of the world in Cold War fashion, not all is as it seems.

When Defence Minister Peter MacKay rebukes Russia for Arctic bomber flights and Artur Chilingarov, Russia's hardline Arctic envoy, makes clear Moscow's northern ambitions, their chest-thumping is often aimed at a home audience.

"I kind of look at Chilingarov and … MacKay playing a similar role in two different governments, playing to a sense of nationalism in their own country," said Michael Byers, Canadian research chair in international law and politics at the University of British Columbia.

Byers cites two episodes in February to highlight the tangled diplomatic dance that drives Arctic politics, a mix of public chest-thumping and quiet backroom diplomacy.

Two days after the February aerial showdown Canadian and Russian diplomats met quietly in Moscow to discuss a common approach to some of the region's most contentious issues.

Also Canadian and Russian legal advisors spoke of a "joint Russian-Canada-Denmark" submission to the UN commission looking at government claims to the continental shelf.

TORSTAR NEWS SERVICE

PM visits three territories this week

- Expect Prime Minister Stephen Harper in his Arctic sojourn this week to tout his government's ambitions in the North, with big-ticket promises like a $720-million icebreaker, new patrol ships, and a new army training base and a deep-water port facility, both in Nunavut.

JONATHON BURCH/REUTERS

Supporters of Afghan presidential candidate Abdullah Abdullah film his speech with mobile phones at a rally in Kokcha, located in Afghanistan's northern Takhar province yesterday.

Election nears in Afghanistan

POLITICS Supporters of Afghanistan's main presidential candidates came out in their thousands yesterday in a last burst of campaign excitement with days to go before the ballot.

The few surveys that have been published show incumbent president Hamid Karzai in the lead, but not by enough to avoid a run-off against his surprisingly strong challenger, former foreign minister Abdullah Abdullah. By law, campaigning ends at midnight tonight, three days before Thursday's vote.

Karzai disappointed thousands of people in the southern city of Kandahar who were hoping he would make an appearance at a rally addressed by his half-brother Ahmad Wali Karzai, Kandahar's provincial council chief.

Kandahar is Karzai's home town as well as the heartland of the Taliban, whose fighters have vowed to disrupt the poll with attacks. REUTERS

Ahmadinejad plans female ministers

IRAN President Mahmoud Ahmadinejad said yesterday he would propose at least three female ministers in his new cabinet following Iran's disputed election, an unprecedented move in the conservative Islamic state.

The hardline nationalist also said the West must be held to account for stoking unrest in Iran after the June 12 presidential vote, as the third mass trial of demonstrators accused of trying to overthrow clerical rule began.

Ahmadinejad has until Wednesday to present a cabinet to parliament for approval but may get a rough ride from the conservatives who dominate the assembly, as well as from his moderate foes who see his government as illegitimate. REUTERS

Seeking support

- Mahmoud Ahmadinejad's surprise announcement may be an attempt to shore up support among women. The president's moderate opponents campaigned on the need to enhance their position in Iran.

News in brief

STEEL Communist North Korea denounced impending joint military exercises by South Korea and the United States, and said it would "wipe them out" with nuclear weapons if they threatened it, its KCNA news agency said yesterday. South Korean and U.S. forces start computer simulation and communication exercises today.

IRAQ A series of bombings in northern Iraq have triggered accusations of blame between Arabs and Kurds, escalating a dispute over land and oil. Truck bombings and suicide attacks have killed scores of people near the troubled city of Mosul this month. REUTERS

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Comment

Cutting down memories

HineSight

Anne Hines

metronews.ca/hinesight

I have committed an eco-crime. Worse than using household cleaners so toxic they can neutralize a nuclear waste dump because, frankly, anyone who thinks all I need is soda water and elbow grease hasn't seen my bathroom.

Worse than standing on my front step in February, pointing a spray can at the ozone layer — by that time of year I start to think of the Greenhouse-Effect as God's little gift to those of us who can't afford a Caribbean cruise.

What I did was this — I am a tree killer.

In my front yard there is … was … an aged cherry tree. Weeks ago the City Works Dept. declared the tree dangerously frail.

Yesterday, workers arrived to cut it down.

"I'm not emotionally prepared," I said.

City Workers: No problem. It's going to take at least 10 minutes to get our equipment ready.

Me: I might need longer.

They eye me warily with that "we're used to dealing with insane members of the public" look perfected by civic workers and retail clerks.

Workers: How long?

Me: Enough time to find some neighbours who will stand around sharing favourite tree-related stories, join in a ritual group tree-hug … then maybe have some barbecue. Is that too much to ask?

Workers: Not at all. So long as you can make it happen in the next 10 minutes.

I don't blame these men. I loved the tree.

But, the things that really matter in life fall into two categories: very reasonable, rational things we care about ourselves, and totally inexplicable irrational things other people care about.

Neighbours now stalk past the house thinking, "Tree killer." I know this because one of them said so.

Neighbour: You cut down your tree.

Me: The city did. It was really old. Over 80. When something's decrepit, you have to get rid of it, right?

Neighbour's mother: I'm 83. Tree killer.

I called my eco-champion friend, Rose.

Me: I'm going to write a book about how I'm not a tree killer. A sweeping saga. "Gone With The Chainsaw."

Rose: Using huge wads of paper might not be the best way to prove you care about trees.

In spring, the city will plant a silver oak. I will feed and water it.

I will become known again, I hope, as a tree nurturer.

In the meantime, there's something I'll miss far more than my eco-friendly reputation.

I'll miss my cherry tree.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Visitors grounded by lack of airport shuttle

InTransit

Adrienne Beattie

metronews.ca/intransit

You get through security, collect your belongings from the baggage carousel and head out to catch a ride to wherever it is you're off to. One problem, if you've landed at the Calgary International Airport, the ground transportation options are sorely lacking.

The choices: if you're lucky, a friend will pick you up; if you're staying at a select few hotels, you can catch a hotel-specific shuttle; if you're feeling adventurous, you can catch the one and only bus that leaves the airport to be dropped off at the Whitehorn LRT; if money is no object, you can charter a limo; but more than likely, you'll be forking over $40 or so for a cab.

Sarah Webb, marketing manager for Nuvo Hotel Suites, a small boutique hotel in downtown Calgary, is frustrated with the lack of options to transport her guests.

Webb says she gets numerous requests for shuttles and when she explains there is no such service in Calgary, the response is generally along the lines of, "Really — my only option is a taxi at $40 each way?"

Recently Webb has looked at running a shuttle service to help serve her clientele better, but found the airport fees (anywhere from $12.60 to $68.50 per pick up depending on vehicle size) "staggering" for a small hotel like hers.

Having travelled extensively, Webb says, "The fact that the only transportation from the airport to downtown Calgary is a taxi is truly ridiculous — pretty much every major city I have ever been to has a train, bus and/or shuttle service as an option."

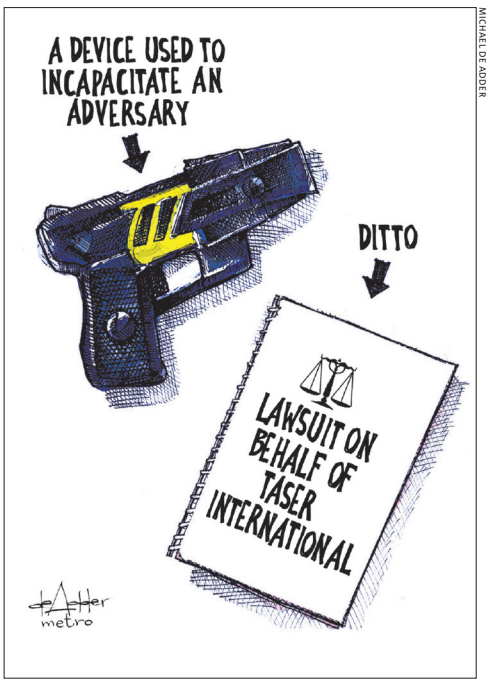
Our airport is the fourth busiest in the country with 12.5 million visitors in 2008, but lacks efficient ground transportation options when compared to other major centres.

Toronto's Pearson International is serviced by a number of buses with express routes heading to the subways, downtown, bus terminals and outlying cities. There's also plans for a rail link to Union Station.

Vancouver International has similar options as well as Canada Line, a new SkyTrain line hooking up the airport to the downtown line. Seeing value in the project, the airport contributed $300 million. Canada Line opens this month with an anticipated 100,000 boardings per day.

If Calgary wants to properly welcome newcomers, some effective ground transportation options might be more appreciated than a white hat.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.



MICHAEL DE ADDER

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Going Green

Bixi going overseas

Montreal is exporting its Bixi bike-rental program launched in May overseas to London, England and south of the border to Boston, CBC News Online reports. Montreal will also submit a bid when New York City issues a call for tenders for a bike-rental system.
METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Nature creates its own hybrids

EarthTones

REUTERS FILE PHOTO

Humans are often behind odd couplings, such as these "liger" cubs, but "hybrids" can also occur naturally, our columnists say.

Mythology is rife with the fantastic monster, hybrids between fierce creatures that embody the most frightening features of each parent. Think about the sphinx, the centaur, the mermaid, and the pantheon of Egyptian gods. Our fascination with these hybrids did not end with the ancients, just google "hybrids" and you will see the results of some bizarre breeding programs. As interesting are the names "tigon and liger," "pizzly bear" and "zonkey."

This weekend's Toronto Star ran a story about a less startling, but ecologically more important hybrid, the coywolf. Coyotes, wolves, and domesticated dogs can all interbreed freely, but generally do not given differences in social behaviour and opportunity. However, recent eastward expansion of the coyote's range, and fewer "would-be" mates for the wolves due to shrinking populations may have tipped the balance, increasing the likelihood of wolves and coyotes interbreeding.

The resulting offspring, coywolves, have some traits of wolves (large size and pack hunting) and some of coyotes (smaller home range, flexibility in habitat requirements, less wary of humans). This combination is creating a conflict in the rural-suburban areas to the east and north of Toronto, as these new hybrids are bold enough to hunt in packs during the daylight.

In most cases, when two different species interbreed, there is no offspring. When there is an offspring, it usually is at a disadvantage to both parental species. However, every now and then, the result is a hybrid that combines the advantage of both parental species, and may even displace both parental species, essentially becoming a new species in its own right. This may be what we are seeing with the coywolves, evolution in action.

Far more common, and flying under the radar, are hybridizations that occur between plant species or invertebrate animals. Often these hybridizations are with invasive species, new to a habitat.

Often when we write articles about environmental challenges, the subtext is that we as a species are directly to blame. This one is a bit different. Humans do not dictate the behaviours and proclivities of plants and animals. However, we do introduce would-be mates by moving exotic species around the planet (accidentally or intentionally), by altering habitat, and by reducing populations. We do not make the lonely wolf odd enough to mate with a coyote, but we may leave the odd wolf lonely.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Cycling a good way to keep the doctor away

COMMUTE According to Vélo Québec, 59 per cent of employees who bike to work enjoy their commute, compared to just 38 per cent of employees who drive.

Cycling is great for your heart, your body and your mood. It's a great aerobic workout that allows people of all ages to get moving and start seeing the benefits in just a few weeks. In addition to increasing lung function and reducing stress, regular cycling increases blood circulation in your legs, keeps osteoporosis at bay and transforms fat into muscle.

However. it's important that you find the right balance and pace yourself. When you're starting out, stick to fairly flat terrain, and limit your ride to no more than an hour and a half. If your experience is a positive one, you'll do it again. **NEWS CANADA**

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TSX closes slightly higher Friday

Canada's main stock index ended slightly higher Friday as an end-of-session rally in financial shares outweighed weakness in commodity stocks, which were under pressure after a U.S. consumer confidence report raised doubts about economic recovery. REUTERS

Business

Auto program hits donations

The popular "cash-for-clunkers" program is boosting U.S. auto sales and manufacturing, but is also slashing donations to charities that rely on gifts of cars to fund social programs, charity officials say. Volunteers of America and other charities said such donations have quickly fallen up to 12 per cent — and fear a 25 per cent drop eventually, or over $100 million — as owners rush to trade gas guzzlers for new fuel-efficient models while federal rebates of up to $4,500 last. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MEDIA Comcast Corp. has been hoarding cash to better manage its balance sheet but investors worry that it could be building a war chest for a splashy acquisition similar to its failed 2004 bid for Walt Disney Co. Investors' value shares of Comcast at close to historical lows, as the top U.S. cable service provider's conservative balance sheet strategy has rekindled speculation it wants to be a major player in the media content market. REUTERS

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U.S. energy investment threatens Canadian business

The Obama administration's titanic $60-billion spending plan for the U.S. clean energy sector is luring investors away from "green" businesses in Canada, threatening the industry's growth here.

Already battered by recession and tight credit markets, Canada's renewable energy and clean technology companies must now compete for investment with their U.S. peers, who have an unprecedented cache of federal cash grants and tax incentives.

A start-up may think twice before setting up shop in Canada, curbing the country's ability to create jobs and generate tax revenue, and losing technological innovation.

"The U.S. has sent a very strong signal that renewable energy is going to play a central role in both energy-environment and economic recovery strategies. We don't have the same signals here federally," said Robert Hornung, president of the Canadian Wind Energy Association. REUTERS

74th U.S. bank failure

ECONOMY Colonial Bank, of Montgomery Ala., was shuttered Friday and its assets sold to BB&T Corp, marking the largest bank failure this year.

The bank closure, the 74th this year, brings an end to the Alabama lender which has seen its problems mount amid the financial crisis.

The failure of Colonial Bank is expected to cost the Federal Deposit Insurance Corp.'s insurance fund $2.8 billion. REUTERS

In brief

BANKING When Allied Irish Banks confirmed it had been approached from a third party interested in taking a minority stake, it didn't take long before eyes turned to Canada. After Royal Bank of Canada denied it was the suitor, CIBC and TD Bank have emerged as the most likely candidates for a potential deal. REUTERS

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AMVIC LICENSED

Moose back in the Big Apple
The New York Rangers named Mark Messier special assistant to team president and general manager Glen Sather, the team announced yesterday. Messier played 10 seasons with New York and led the Rangers to a Stanley Cup win in 1994. METRO NEWS SERVICES

Sports

Angle arrested

Pro wrestler and Olympic gold medallist Kurt Angle, left, was arrested Saturday by Pittsburgh police for possessing a human growth hormone. The arrest came after Angle's girlfriend told police he was following her in violation of a protection she had against him after a Friday fight. Authorities say Angle said he had a prescription for the drug and denied stalking the woman. METRO NEWS SERVICES

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EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Tiger tamed at PGA

Yang becomes first Asian-born male to win a major

South Korean Yang Yong-eun became Asia's first male major winner after overhauling Tiger Woods in stunning fashion to clinch the U.S. PGA Championship by three shots yesterday.

Trailing world No. 1 and overwhelming favourite Woods by two strokes overnight, Yang, ranked 110th in the world, kept his composure in difficult, swirling winds at Hazeltine National in Minnesota to fire a two-under-par 70.

He snatched the lead for the first time when he spectacularly chipped in from just off the green to eagle the driveable par-four 14th on the way to an eight-under total of 280.

Although Yang collected his second bogey of the day by three-putting at the 17th, he finished in birdie style, striking a superb approach over a tree to 10 feet at the par-four last and coolly sinking the putt.

He punched his right fist in celebration before raising both hands above his head to acknowledge the roars from the huge gallery packed around the 18th green.

"I have tried to master the art of controlling my emotions throughout my career and I think it turned out quite well today," a beaming Yang, 37, said in a greenside interview, speaking through an interpreter.

"I think it's going to be a bit of a crazy party for them, especially for all my friends," he added, referring to his supporters watching final-round coverage on television in South Korea. REUTERS

JEFF HAYNES/REUTERS

Yang Yong-eun celebrates after sinking the winning putt yesterday at the PGA Championship.

Canadian golfers

- Stephen Ames of Calgary finished at 3 over.
- Mike Weir of Bright's Grove, Ont., missed the cut on Friday.

Sports in brief

TENNIS Andy Murray overcame sweltering heat to beat Juan Martin del Potro 6-7, 7-6, 6-1 in the Rogers Cup final yesterday in Montreal. A day after replacing Rafael Nadal as world No. 2, Murray delivered a gritty performance to wear down the towering Argentine in two hours, 42 minutes.

BLUE JAYS Greg Zaun's pinch-hit grand slam in the eighth inning shattered a tie game and gave the Tampa Bay Rays a 5-2 victory over Toronto and a series win in the finale of a three-game set.

OLYMPICS The U.S. Olympic Committee has postponed plans for its own television network after objections from international Olympic officials.

TENNIS Jelena Jankovic knocked off the world No. 1 yesterday. She beat Dinara Safina 6-4, 6-2 to win the Cincinnati Open and put herself back in the conversation about U.S. Open title contenders.

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Fastball to the head puts Wright on DL

Mets slugger David Wright was released from hospital and put on the disabled list yesterday, one day after he was hit square on the helmet by a 94-m.p.h. fastball from San Francisco's Matt Cain. Wright still had a headache and was experiencing "post-concussion symptoms," a team spokesman said. METRO NEWS SERVICES

MLS eyeing USL?

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

In what amounts to a Major League Soccer fan's wet dream, the lower-level United Soccer Leagues has been put up for sale and two league sources have confirmed that MLS has inquired into purchasing it.

It's long been debated, hypothesized and drooled over by those who follow the North American game: What would happen if MLS bought USL and created a promotion-relegation system similar to the one that exists in Europe?

It's a question that will have to wait, as I've been told a group of investors have the inside track on buying the USL — and that the deal will 'be coming to a conclusion very soon.'

When contacted Friday, the USL front office offered little information.

"We are a private business and as such it is not our intention to speak publicly to the media at this time," said Tim Holt, executive vice president and COO of the USL.

Holt would not comment on the financial state of the league, but did confirm that the league is still actively seeking expansion markets and that Ottawa is on a list of 15 potential cities.

"In the short term we are okay with being a second tier in North America. But the league needs to start asking the question: What are we aspiring to be? A very strong, stable second division? Or are we interested in chasing first division?"

Chris Economides, senior director of USL-1, answered one of those questions last week when he told a Cleveland newspaper that only three to six of the league's 11 teams are profitable. Economides also let it slip on Radio-Canada that Nike, the majority owner of USL, had put the team up for sale back in July.

Over the weekend, Vancouver Whitecaps president Bob Lenarduzzi confirmed to me that several groups had expressed interest in the USL, but was cautious not to say much more, as the deal was reaching a critical point in negotiations.

"The USL owners have been in the loop the whole way since Nike put the league up for sale. There are a couple groups that are interested," he said.

Two USL sources, speaking on the condition of anonymity, confirmed MLS's interest, but both said that it was looking less likely now, as MLS was not interested in the type of numbers Nike had asked for.

Their feeling was unless something dramatic happens, the third group, comprised of private investors, will be announced in the week ahead as the new owners of the USL.

It's a move that will keep MLS — with its stranglehold on the North American market — honest, but one that effectively kills any dreams of promotion-relegation in the near future.

"In the short term we are okay with being a second tier in North America. But the league needs to start asking the question: What are we aspiring to be?"
Tim Holt, Exec. VP, COO of the USL

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

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India plans 14 new innovation universities

Starting in 2010, India's Human Resource Development Ministry plans to establish 14 new "innovation universities" with "disciplinary focuses" to advance research and development in health, environment, power plants and other areas. METRO NEWS SERVICES

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Deeper and deeper

OddJobs
Diane Peters
metronews.ca/oddjobs

Mandy-Rae Cruickshank is a world-record free-diver and also runs training courses in the discipline.

Mandy-Rae Cruickshank grew up wanting to be a marine biologist who worked with great white sharks.

Although Cruickshank, now 35, grew up in landlocked Edmonton, she spent most of her time in the water and became a lifeguard and a competitive synchronized swimmer as a teen.

Then she met a marine biologist and he talked her out of a career that took years of expensive education.

"So I thought I'd be a scuba instructor. That sounds like a good way to stay in the water," says Cruickshank

At 20, she moved to Vancouver and started teaching scuba. She ended up teaching instructors and managing a dive shop.

Then she met her future husband, Kirk Krack, in 2000, and he introduced her to free diving. Eighteen months later she broke her first world record in the sport.

Free diving basically involves going down into the water as far as you can while holding your breath. No tanks, just fins and a mask.

There are nine different competitive disciplines in the sport — they measure either time underwater or distance travelled in either a pool or in the ocean — and Cruickshank holds world records in seven of them.

Krack was already running Performance Freediving when they met. In 2006, the company started getting busy enough for Cruickshank to quit her job and help full-time.

The couple runs four-day courses in free diving to groups all around the world. Sometimes it's just recreational divers, but they've also trained photographers and celebrities such as Tiger Woods and so-called endurance artist David Blaine.

Teaching days are long and physically exhausting. By the end of a course, participants can hold their breath for as long as five minutes underwater, dive as deep as 132 feet and practise good water safety. You can black out while doing these dives and without a buddy in the water you can die.

Even when she's travelling, Cruickshank is constantly on her laptop and BlackBerry, taking care of the business side of the company. "When you're running your own company, you sometimes don't get days off," she says.

Recently, Performance Freediving opened an office in Vancouver, so staff are now helping out with some of the administrative work.

"The best decision I ever made was giving up a desk job to do something I love."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Bob Dylan not recognized by police
Music legend Bob Dylan was stopped last month by a police officer who did not recognize him. Officers were alerted after a man was spotted "acting suspiciously" while taking a stroll in New Jersey. Police demanded to see his ID. EONLINE.COM

Entertainment

Jackson tribute
Oscar winner A.R. Rahman is reportedly developing an album in memory of entertainment icon Michael Jackson, which will include musicians from all over the world.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Ledger smelled a rat

Late actor directed gory whaling video for Modest Mouse

CAM LINDSAY
for Metro Canada

You'd be forgiven for assuming that the reason behind a late summer Modest Mouse tour is the band's new record. But when asked if the North American tour was planned around the release date of the EP, No One's First, And You're Next, frontman Isaac Brock laughs and says, "No, but good timing, huh?"

Featuring three recent 7-inch singles and a pair of B-sides, the indie rock alumni's latest release is not a load of filler, but a compilation for the non-collectors. "The idea of the EP was that not everybody owns a record player and was going to buy the singles that were released," Brock explains. "This is just a way to put these out so people who don't buy 7-inch records can get them all together. It's music, you don't have to be a format specific person to enjoy it."

"We kept discussing the idea and refining it, but (Heath Ledger) chose the animator. It was his baby. I just kept an eye on it."
Isaac Brock

So far, the song receiving most attention is King Rat. An unlikely single, the song has become the EP's focal point mostly because of its video — which was directed by the late actor Heath Ledger. A stunningly gory animated short film that turns the tables on the whaling industry, Brock says he only played a small role in its creation. "We kept discussing the idea and refining it, but (Heath) chose the animator. It was his baby. I just kept an eye on it."

The EP will be the only new material the band will be performing on tour. As far as a sixth album goes, Brock says, "No, there isn't anything. There are a whole bunch of stems for songs. I'm gonna do this tour then come home, sit down and we're gonna really work on that."

Just months ago Modest Mouse wrapped up a two-year trek supporting 2007's We Were Dead Before the Ship Even Sank. Brock says the point of this new tour is simply to keep the well-oiled machine moving. "We like doing tours, but if we don't do it for too long we get kinda rusty."

The band made Canadians proud by kicking off their month-long tour in Halifax followed by Montreal, Kingston and two Toronto shows. "To be honest, I'm not sitting down with a map and circling s–, it's not anything like that," Brock says in a wry tone. "It's like, 'Let's do this chunk of land and start in Halifax.' We start in Nova Scotia because I've never been and always wanted to go. And the rest just seemed like nice towns on the way."

No One's First, And You're Next, the latest EP from rock act Modest Mouse, includes the song King Rat, which is receiving attention because its video was directed by late actor Heath Ledger.

Box office

Ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates compiled on Sunday:

1. **District 9:** $37 million US
2. **G.I. Joe: The Rise of Cobra:** $22.5 million
3. **The Time Traveler's Wife:** $19.2 million
4. **Julie & Julia:** $12.4 million
5. **G-Force:** $6.9 million
6. **The Goods: Live Hard, Sell Hard:** $5.4 million
7. **Harry Potter:** $5.2 million
8. **The Ugly Truth:** $4.5 million
9. **Ponyo:** $3.5 million
10. **(500) Days of Summer:** $3 million

REUTERS

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metronews.ca/movies

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/17/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Stargate Atlantis		Gossip Girl (HDTV)		Two/Half Men	Big Bang Th	Primetime
	243	317 3 CFCN	etalk	Hollywood	CSI: Miami "Chip/Tuck"		Criminal Minds (HDTV)		Law & Order: Criminal Intent		News
	-	- 4 OMNI	Two/Half Men	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Who Wants to Be a Millionaire		Dating in the Dark (N)		Castle
	245	306 6 CBRT	Coronation St.	Jeopardy!	Little Mosque	Sophie (HDTV)	Just for Laughs		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	Brothers & Sisters		House "Locked In"		Lie to Me (HDTV)		News Hour
	246	- 8 CKAL	Law & Order: SVU		Murdoch Mysteries		Who Wants to Be a Millionaire		Dating in the Dark (N)		Your City
	119	705 9 CBXFT	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors		How I Met	How I Met	Two/Half Men	Big Bang Th	CSI: Miami
	-	374 14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow		History Detectives (N)		Inside
	502	390 15 CBC	CBC News: The National		Allergy Planet Allergies.		CBC News: The National		CBC News: The National		Allergy Planet
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	Great American Road Trip		Law & Order: Criminal Intent		Dateline NBC
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House "Locked In"		Lie to Me (HDTV)		News
	297	652 37 WPIX	Gossip Girl (HDTV)		PiX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
sports	400	400 21 TSN	WTA Tennis: Rogers Cup		SportsCentre (HDTV) (Live)			Off the Record	ATP Tennis: W&S Financial Group Masters		
	408	418 27 net	Motorcycle Racing		Best Damn Toughman		World Sport	MMA Conn	Sportsnet Connected		MMA Conn
	410	403 30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR (HDTV)		SuperCars
family	552	543 20 YTV	iCarly	True Jackson	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
cable variety	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT's Greatest "1997"		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	The Soup (N)	Greatest Myst.	How I Met	How I Met	Final 24 (N)		CHCA News
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Style by Jury	Friends	How Clean	Kim	Love It or List It		*Bridal Fever*
	521	560 24 TLC	Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	Cake Boss	Cake Boss	Jon & Kate	Jon & Kate	Cake Boss
	603	561 25 FOOD	Food Detective	Get on Plate	At the Table	At the Table	Restaurant Makeover		Unwrapped	Unwrapped	Food Jammers
	615	520 26 A&E	Intervention (HDTV) (N)		Hoarders (N)		Paranormal	Paranormal	Intervention "Donald"		Intervention
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Cashing In	Kink in Hair	*XIII* (2009, Suspense) Val Kilmer.		
	601	562 33 SLICE	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	*Green Mi*	(7:25) *Free Money* (1998, Comedy-Drama)			*American Gigolo* ★★ (1980, Drama) Richard Gere.				*White Palace*
	520	505 35 DISC	Dirty Jobs Spider venom.		Heli-Loggers		Daily Planet		MythBusters		Heli-Loggers
	620	523 36 BRAVO	Rita MacNeil		And They Danced		Law & Order		Without a Trace		*Me Myself I*
	294	650 40 WPCH	*Jackie Brown* ★★★ (1997, Crime Drama) Pam Grier, Samuel L. Jackson, Robert Forster.						Seinfeld	*A Night at the Roxbury*	
	626	547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Russell Peters
	-	539 42 TCM	(6) *One for the Book*		*The Unfaithful* ★★ (1947, Mystery) Ann Sheridan, Lew Ayres.				*Whiplash* ★★ (1948, Drama) Dane Clark.		
	628	584 43 SPIKE	UFC Unleashed		UFC Unleashed		UFC Unleashed		CSI: Crime Scene Invstgtn.		Unleashed
	522	516 45 HIST	Tank Overhaul		NCIS "Ex-File"		Tank Overhaul		Victory 1945 "Last Days"		NCIS
	627	528 46 SPACE	*Path of Destruction* (2005, Science Fiction), David Keith				Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *Sabrina* ★★ (1995, Romance-Comedy)				Mad Men "Out of Town"		(10:02) *Sleeping With the Enemy* ★★		
	619	525 49 TROP	Office Temps		Once a Thief		Carlawood	Prod. Parker	Ground Up		Prod. Parker
	600	564 50 HGTV	Marriage	My First Place	House Hunters	House Hunters	Holmes on Homes		Marriage	Income Prop.	My First Place
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Taking Stock		Market Call		Headline	Market Call	Berman's Call	Money Talks	Taking Stock
	526	507 92 VIVA	The Closer "About Face"		My Big Fat Diet		Mediums	In Dreams	Judging Amy		Most Haunted
	269	350 93 APTN	MYTV	The Mix	Miywayawin	Metcom	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	- 94 MCP	World News	News	Banquet	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy-Entertain
	571	581 100 MMM	mmtop10.ca		Entourage	Gene Simmons	The Daily Fix		Celebrity Rehab With Dr. Drew		Entourage
	570	580 101 MM	You Can Dance		So You Think You Can Dance Canada				Video on Trial	Video on Trial	One Tree Hill
	581	566 102 MTV	16 and Pregnant		16 and Pregnant		MTV Live	After	The Real World		16, Pregnant

critics' corner

Little Mosque on the Prairie
There can't be that many qualified imams wandering around a town the size of Mercy, can there? Nevertheless, when Amaar (Zaib Shaikh) decides to come back from Toronto and resume his service at the mosque, he finds out he can't just pick up where he left off; he needs to reapply for the position. Carlo Rota, Sheila McCarthy and Sitara Hewitt also star in "A Funny Thing Happened on the Way to Mercy." 8 PM on CBRT

Hoarders
Like its sister A&E shows "Intervention" and "Obsessed," this new series delves into the lives of troubled people and tries to get them help. In this case, it's people who fill their homes with stuff and can't throw anything out. The premiere introduces Jennifer and Ron, whose house is so cluttered they're afraid their children will be taken away, and Jill, who has four refrigerators and two freezers stuffed with decaying food. 8 PM on A&E

Great American Road Trip
The competition intensifies seriously as the three remaining families travel to California and try to secure a spot in the final two, after the long ride on this amazing journey from Chicago to California along the fabled Route 66. Comic Reno Collier is host. 9 PM on KHQ

Kendra to carry on family name

Kendra Wilkinson and Hank Baskett have picked a name for their son, who is due Christmas Day: Hank Baskett IV. Wilkinson explained: "Hank's dad and his grandfather were both named Hank, so it was very important to us to carry on the family tradition." PEOPLE.COM

Celebrity Buzz

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metro

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Multiple drugs complicate MJ case?

COMPLICATIONS For authorities investigating Michael Jackson's death, more could end up meaning less, people.com reports.

If the entertainer's autopsy report reveals other drugs besides the powerful anesthesia Propofol, as has been widely reported, prosecutors will have a difficult time building a manslaughter case against Jackson's private physician, experts say.

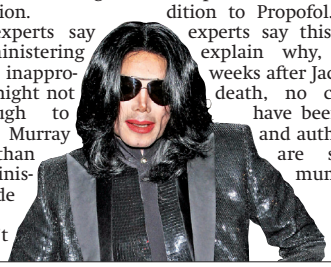
In short: More drugs, potentially less criminal responsibility for Dr. Conrad Murray.

Murray, who reportedly admitted to police that he administered the anesthetic, has not been charged. Search warrants served to Murray indicate he's the target of a manslaughter investigation.

Legal experts say that administering Propofol inappropriately might not be enough to prosecute Murray for more than an administrative-code infraction if it can't be proven the Propofol alone was what killed him.

According to the Los Angeles Times, Jackson's toxicology report revealed a few drugs, such as the anti-depressant Xanax, in addition to Propofol. Legal experts say this helps explain why, seven weeks after Jackson's death, no charges have been filed and authorities are staying mum.

METRO NEWS SERVICES



Jon and Kate in babysitter dispute

OVERREACTING? Jon Gosselin is speaking out about an incident that had his ex-wife Kate calling the cops and crying on Thursday, calling it a "miscommunication," people.com reports.

Police were called to the family's Wernersville, Pa., home after Kate showed up with concerns over the babysitter caring for her children.

But she was denied access to the property because of her custody agreement.

According to the reality star, police called the incident a "civil matter." Kate then left on her own accord.

Kate, apparently, wasn't thrilled with the babysitter he hired, Stephanie Santoro. "I have no idea (why she was unhappy). I guess (because) she didn't have approval."

Kate gave no comment.

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Brad: 'I was a stoner'

CONFESSION Brad Pitt played a pot smoker in 1993's True Romance and admits life imitated art for him, usmagazine.com reports.

"I certainly had my day," Pitt, 45, told HBO's Bill Maher Friday after the talk show host called the actor's role "one of the best stoner performances."

Maher also recounted a New Year's Eve party at which he says he witnessed Pitt rolling "the most perfect" joints he had ever seen. Pitt's response? "I'm an artist."

But Pitt admits he kicked the habit for the six kids he has with partner Angelina Jolie: "I'm a dad now. You want to be alert and my eyes used to glaze over when I did that."

METRO NEWS SERVICES

GETTY IMAGES

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Today High-level clouds. 25 C / 9 C
Tuesday Mostly sunny. 22 C / 11 C
Wednesday Morning clouds. 19 C / 9 C

BT BREAKFAST TELEVISION

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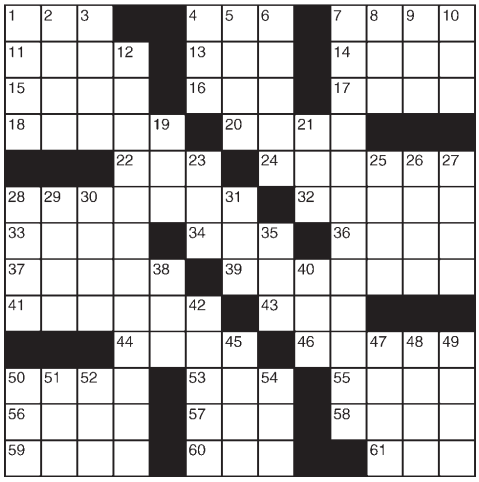
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7			8		4			1
	2		5		6		9	
		6				3		
		2	3		1	9		
6								5
		8	6		5	7		
		5				1		
	8		9		3		2	
4			1		7			3

ACROSS

1 Trophy room, maybe
4 Recede
7 Bloke
11 Oil cartel
13 The Red or the Black
14 Inauguration recitation
15 "Arrivederci"
16 Faux —
17 Secondhand
18 Wash the pots
20 Potter's oven
22 Pinch
24 Its capital is Riga
28 Twisted treat
32 Existence
33 Ireland
34 Talk on and on
36 Get up
37 Blazing
39 Round pegs in square holes
41 "Am I my brother's —?"
43 Sock part
44 Related (to)
46 Shrivel
50 Unite
53 Gripe repeatedly
55 Frat party garb
56 Reed instrument
57 Hot tub
58 Break suddenly
59 Traps
60 Conger, for one
61 Mag. staffers

DOWN

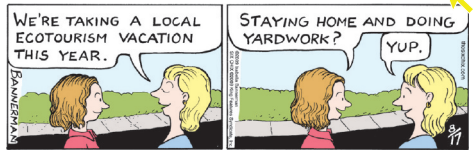
1 Medics
2 Grand tale
3 In the vicinity
4 Kreskin's claim
5 Duck's prominence
6 Pesto ingredient
7 Makes money?
8 Owns
9 Noshed
10 Third degree?
12 Bedspreads
19 Occupation, for short
21 Science room
23 Mrs. Al Bundy
25 Henry —
26 "Meet Me — Louis"
27 Quite some time
28 Pinnacle
29 Widespread
30 Ontario neighbour
31 Flee from a crime scene
35 Morsel
38 "A mouse!"
40 Boar's mate
42 Clean the suds off
45 Back of the neck
47 Region
48 "Zounds!"
49 Siestas
50 Trot
51 Japanese sash
52 Charged particle
54 8 pts.

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	7	6	4	8	1	5	9	3
3	5	8	7	2	9	6	4	1
9	4	1	5	3	6	2	7	8
5	3	4	2	6	7	1	8	9
8	2	9	1	4	3	7	6	5
1	6	7	8	9	5	4	3	2
4	1	3	9	7	2	8	5	6
7	9	5	6	1	8	3	2	4
6	8	2	3	5	4	9	1	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Three-Cheese Potato Soufflé

INGREDIENTS:

4 cups (1 l) mashed potatoes (without added milk and butter)
1 cup (250 ml) skim milk
1 cup (250 ml) shredded cheddar cheese
2/3 cup (150 ml) shredded Swiss cheese
1/3 cup (75 ml) shredded Parmesan cheese
1/3 cup (75 ml) chopped scallions
1 small onion, chopped
1 1/4 tsp (6 ml) salt
1/4 tsp (1 ml) pepper
4 eggs, separated

METHOD:

1. In a large bowl, combine the potatoes, milk, cheeses, onions, salt and pepper. Beat egg yolks; stir into potato mixture.
2. In a small mixing bowl, beat egg whites until stiff peaks form; gently fold into potato mixture.
3. Transfer to a 2-qt. (2-l) soufflé dish coated with nonstick cooking spray. Bake, uncovered, at 375 F (190 C) for 40-45 minutes or until golden. Serve immediately.

SERVES 12

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You're no stranger to hard work and as of today you'll begin to enjoy the fruit of your labour. You'll also find it easier to work with difficult people.

TAURUS ♉
APRIL 21-MAY 21
You'll experience one of those "Eureka!" moments today. Out of nowhere you'll see the pattern that you have somehow missed these past few weeks.

GEMINI ♊
MAY 22-JUNE 21
You may have found it hard to confide in people recently but the cosmic picture is changing and you can explain to others what's worrying you and why.

CANCER ♋
JUNE 22-JULY 22
Even if you can usually turn on the charm you may have found it hard recently to communicate feelings — but no more. Say what's on your mind today.

LEO ♌
JULY 23-AUG 23
You owe someone a favour and if you go out of your way to make good on it today you'll discharge your debt and they may even end up owing you.

VIRGO ♍
AUG 24-SEPT 22
You can now see things as they are. If you have been deceiving yourself as to the true nature of your situation the scales will fall from your eyes today.

LIBRA ♎
SEPT 23-OCT 23
You may have been in the dark of late but as of today you will understand what has been going on and why you were kept out of the loop.

SCORPIO ♏
OCT 24-NOV 22
It may have been hard to explain why you believe certain apparently illogical things, but as of today you'll find ways to rationalize your beliefs.

SAGITTARIUS ♐
NOV 23-DEC 21
You have held back from letting certain people know what you think of them. Now you can tell them in no uncertain terms what your feelings are.

CAPRICORN ♑
DEC 22-JAN 20
You rarely leave anything to chance and the cosmic setup means you'll know with absolute certainty that what you are doing is right and ethical.

AQUARIUS ♒
JAN 21-FEB 18
If you are having second thoughts about a deal, you can still back out of it — now. After today you'll be expected to uphold your end of the pact.

PISCES ♓
FEB 19-MARCH 20
Don't worry if it's been hard to get through to loved ones recently. Today's cosmic setup will help you find the words to unlock the emotional impasse.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Lower a Wise piece into salsa (1)
2. Select hints to a puzzle (1)
3. Book leaf on rain-measuring device (1)
4. "NBA star Bryant, meet actor Maguire" (2)
5. Racehorse raiser's woods for chests (2)
6. Minister's showy fall flowers (2)
7. Inside scoop on a "High Noon" final duel (2)

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ANSWERS
1. DIP CHIP 2. CHOOSE CLUES 3. GAUGE PAGE 4. KOBE TOBEY
5. BREEDERS CEDARS 6. PASTORS ASTERS 7. SHOWDOWN LOWDOWN

8-17-09

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